

Time to Get Away

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by Lori Dunn

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It is so easy to get caught up in all the craziness around us today! It seems to come at us from all angles. The economy is not good right now, which affects our everyday lives in so many ways. We have to worry about our job stability, making payments on loans, and how we are going to pay insurance and taxes, not to mention our light bill, phone bill, and putting food on the table for our families. We have to decide how we are going to take this child here, while another needs to be at another place at the same time! And going on right in the middle of all this is a presidential election. We constantly hear and see ads everywhere we turn, trying to convince us why we should vote this way or that.

It is enough to make my head spin.

One of the best ways I've found to forget all this, if only for a short time, is to get into nature. Try to make time to get outside and go for a walk. Go to the park, go to the woods, and go find a hiking trail. It doesn't matter where, just get outside!

Wipe all of the worries from your mind, and pay attention to what surrounds you!